



CITY OF DULUTH • DAA • DECC • HRA

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City of Duluth

# Bridge to Wellness Newsletter

## New Wellness Coordinator for City of Duluth

### Upcoming Events:

- May 30—Congdon Cougar Chase 10k/5k
- Civic **Golf** League starts May 18th (check out the Bridge page to learn more)
- **FREE** Trail series—**Run** trails every week! Check out [northlandrunner.com](http://northlandrunner.com) for more details
- Like **Hiking**? May 30th & June 6th the Superior Hiking Trail Assn. will be offering **FREE** guided hikes in Duluth area. Check out the SHTA website for more.
- There are so many great recreational opportunities in the summer! If you're looking for ideas, let me know!

Greetings! My name is Angel Hohenstein, and I have recently been hired on as the Wellness Coordinator for the City of Duluth employees and retirees. I was previously the Associate Executive Director for the Duluth Area Family YMCA and understand wellness to be much more than fitness.

I am excited and honored to be here and want to be a resource for you. I have been fortunate to visit with some of you, but would welcome opportunities to meet with as many of you as possible. Please feel free to share with me any thoughts or ideas you may have with regard to wellness at [ahohenstein@duluthmn.gov](mailto:ahohenstein@duluthmn.gov) or call 730-5201. I look forward to working with you!



## Bus.Bike.Walk Month

### Inside this issue:

|                                       |   |
|---------------------------------------|---|
| Stretching                            | 2 |
| Did You Know? Sitting Takes its Toll! | 2 |
| Sugar Buzz                            | 3 |
| CSA's                                 | 3 |
| Recipe of the Month                   | 3 |
| Your Ideas                            | 4 |
| Wellness Days                         | 4 |

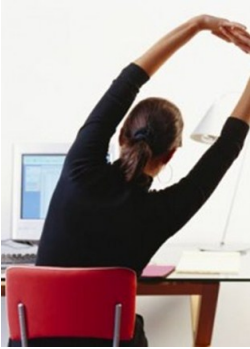
The month of May is **Bus.Bike.Walk. Duluth** which is a one-of-a-kind month-long celebration that brings together bicyclists, businesses, art hounds, outdoor enthusiasts, active commuters and families that share a mutual love for busing, biking, and walking. The events of Bus.Bike.Walk. Month encourage the use of people-powered

modes of transportation. **Events include:** educational topics, movies, social rides and more.

There's also a Commuter Challenge taking place during the month of May with a chance to win some fabulous prizes! **Check out all of the events on the Bridge to Wellness homepage at**

<http://www.duluthmn.gov/bridge-to-wellness/> or at [healthyduluth.org](http://healthyduluth.org)

Looking for a group to ride with (**cycling**)? Check out the Ski Hut and Twin Ports Cyclery's websites—you could ride with people any day of the week!



Do this and more just at your desk!

## Stretching on the Job (it's ok!)

While stretching does not seem that exciting or exhilarating, it is incredibly beneficial!

There are NUMEROUS workplaces that not only encourage stretching, but will start their day with 15 minutes of stretching before they start diving into their work. MN DOT, the DECC, and many other worksites have found that by doing some simple stretches, the risk of injuries decreases dramatically. By implementing a stretching program, companies have seen a dramatic reduction in

time lost off the job.

Other benefits of stretching include:

- Reduced risk of injury to joints, muscles and tendons
- Reduce muscular soreness
- Reduce tension
- Increase flexibility, energy and concentration
- Improve circulation

There are more intensive programs that focus in on functional movements

for certain jobs. But starting with basic movements is a great place to start!

Whether your job requires you to lift items, bend, etc., (more physical in nature) or you are at a desk for 8 hours a day, stretching is important for everyone!

If you are interested in learning more about how to implement a stretching program for your department, please contact Angel at 730-5201.

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*By implementing a stretching program, MN DOT saw a 44% reduction in injuries and 62% reduction in overexertion injuries*

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## Did You Know? Sitting Takes its Toll!

- Sitting is hard on the body? For every 60min of sitting, you should take a micro-break—get up and move around for 3-5min. You'll also increase your productivity by up to 25% - just by getting up and moving!
- Research shows that sitting for extended periods of time can increase risk for diabetes, heart disease, kidney problems, and premature death. However, research is also showing that you can reduce that risk by moving for 2min. Take a gentle stroll down the hall and reduce that chance by as much as 33%!
- Standing at your work station burns up to 60 calories more per hour than sitting.
- Research shows that after 20minutes of sitting, our metabolism crawls to a halt, resulting in lower HDL (good) cholesterol levels.

In other words—we are built to MOVE! If you have been sitting here reading this, it's time to get up and take a 2minutes walk.

Sources: ADA, OSHA, AHA

## Sugar Buzz

Sugar comes in many different forms. Not all of these are “bad” or to be avoided, but just know sugar is not always labeled as sugar. Sugar might be the 3rd ingredient, but dextrose and maltodextrose might be 5th & 6th. Paying attention to labels is incredibly important when purchasing packaged foods.

### 15 other names for sugar

|                            |                    |
|----------------------------|--------------------|
| Agave nectar               | Honey              |
| Barley malt                | Maple Syrup        |
| Brown sugar                | Molasses           |
| Cane juice                 | Organic Cane juice |
| Coconut sugar/Coconut palm | Turbinado          |
| Corn syrup                 |                    |
| Corn syrup solids          |                    |
| Dextrose (Maltodextrose)   |                    |
| Fructose                   |                    |
| High fructose corn syrup   |                    |

When thinking about what you are putting into your body...think beyond “the white stuff”. Sugar is in so many foods, natural or otherwise and it can be challenging to avoid it. Just take a moment to **read labels** and see what is in your food, **BEFORE** you put it in your mouth.

A good rule of thumb, if sugar (or forms of it) is listed in the first 4-5 ingredients, it’s probably better to put it back.

Not only will you be saving yourself some calories (if you need to), your heart, liver, intestines and other organs will thank you.

If you are looking for alternatives to substitute the sweet stuff, there are natural products such as Stevia which sweeten without the added chemicals or calories, just do a little research before swapping one sweetener for another.



## Community Supported Agriculture

Community Supported Agriculture (known as CSA), is a fantastic way to support the local community. If you don’t have the option of having a farm or even growing your own vegetables, a CSA can provide a bountiful supply of fresh food on a weekly basis.

Purchase a “share” in a CSA and you will receive weekly deliveries of everything from spinach, herbs, and berries, to tomatoes, potatoes, and other garden goodies. Most of the local CSA farmers grow crops organically, sustainably and will offer recipe

ideas if you don’t know what to do with a certain ingredient. There’s also options to purchase meat from many of them as well. Think about going in on a share with a co-worker. Check out [www.superiorgrown.org](http://www.superiorgrown.org) for listings of local CSA farms and information.

## Recipe of the Month

The season of Kale is upon us and rather than have another Kale salad (or maybe that thought makes you shudder) try this recipe instead.

### INGREDIENTS

- 2 cups packed torn kale leaves, stems removed
- 1 cup packed fresh basil leaves
- 1 teaspoon salt
- ¼ cup extra virgin olive oil
- ¼ cup toasted walnuts

- 4 cloves garlic, chopped
- ½ cup grated Parmesan cheese

### DIRECTIONS

Combine kale leaves, basil leaves and salt in a food processor. Pulse 10 to 12 times, until the kale leaves

are finely chopped. With the motor running, drizzle in the olive oil. Scrape down the sides of the processor. Add the walnuts and garlic and process again, then add the cheese and pulse just to combine. Store in an airtight container in the refrigerator.

Add to pasta, quinoa, use as a vegetable spread, options are endless!



*Your ideas and thoughts are welcome! Because this is a newsletter designed with you in mind, I want to hear your ideas and what topics you are looking for more information on. The general consensus is everyone knows they need to move their body and eat right, but without the proper tools it can be difficult to know what that means.*

*Please share with me what your interests are—maybe you want to perfect your golf stroke, learn how to tie flies for fly-fishing, pack the "right snacks" for your child's soccer game, whatever it may be, let me know!*

*If you are interested in a Wellness Consultation, please let me know. I would be happy to schedule one with you.*

#### Ideas I have heard so far:

- Fitness Equipment on site
- Walking club
- On-site classes
- Healthier vending options
- Nutrition seminars
- Gym/fitness reimbursements
- Cycling group

Keep the ideas coming! I will do my best to help make it happen.

Be sure to check out the Bridge portal or the Bridge to Wellness site for more information, upcoming events and more! Subscribe to the bridgetowellness contact list to receive regular tips, reminders and other information regarding wellness.

<http://www.duluthmn.gov/bridge-to-wellness/>

## NEW! Wellness Days



Coming this summer are some FREE opportunities for you and your family!

These events are designed to be fun, relaxing and bring people together.

Just a few examples include:

- Stand-Up Paddle Board Demonstrations
- Picnic at Enger Tower with golf scramble, followed by an opportunity to clean-up Skyline
- Volleyball Tournament
- More to come!

